President's Message...

If you are competing in the Silver Anniversary 25th Cleveland Track Classic on July 3rd at Cleveland Heights HS, we will also need you for registration and officiating (when you are not competing). The Cleveland Track Classic is pre-registration only. The deadline for entry is Wednesday June 30, 2004.

Entry forms to summer meets include: USATF Midwest Regional Championships 6/26 (Kankakee, IL – Olivet Nazarene College), Three Rivers USATF (Slippery Rock University) 6/27, Cle. Classic 7/3 (pre-registration), USATF Outdoor Nationals 8/5-8, and North and Central American and Caribbean Championships 8/27-29.

USATF Outdoor Nationals will be held in Decatur, IL, August 5 – 8, 2004, and we are looking to put together several 4 x 100, 4 x 400, and 4 x 800 multiple men’s and women’s relay teams. In the 40-49 age group we could put together three (3) 4 x 100 meter relay team. It does not concern me who is on which team, but that we could finish 1st, 2nd, and 3rd. We should put together a good women’s team. Please contact your age group coordinators and let them know that you are interested in participating on a relay team.

The North and Central American and Caribbean Championships will be held August 27 – 29, 2004 in Dorado, Puerto Rico. If you are going please let me know, so I can coordinate a team social gathering.

Congrats: Khalid Muzalim blasted his way to a 52 second 400m win at the Lake Erie USATF Championships. Joanne Siegel on the 5000 meter run in 23 minutes, Jeff Gerson and Norm Thomas battled their way on a tough 200 meter dash. Norm edged Jeff 38.0 to 38.6. Jeff also competed in the 1500 meter run and the 100 meter dash. Norm competed in the 400 meter dash. John Sloan won all of the field events he competed in.

Charles Wiedman won the Pole Vault (7’7”) and earned All-American status at the Canton Regional Senior Olympics.

Hilary Goerge broke his previous state record in the Shot Put at the USATF Michigan Outdoor Championships (41’ 1 ¾”).

Help: Coach Claude Holland is still looking for officials for the World Youth Track and Field Championships which is to be held at John Carroll University, at the end of July and beginning of August.

There are team members who have not renewed their annual memberships. Yearly membership is $20 for individuals and $30 for families. Yearly Reimbursements for Regional, National, WMA North and Central American and Caribbean, and / or WMA World Championships will be distributed once only ($25 per year). Please contact Jeff Gerson.

Forward your meet results: manicci@ameritech.net www.othtc.org, or e-mail thorntonm@michigan.gov, wilsonr6@michigan.gov.

Welcome to all New Club Members. Call your age-group coordinators; let them know that you’re here!!!
Please Plan on attending and officiating the 2004 Cleveland Track Classic (25th year) Silver Anniversary!!!

We wish Derek Gainey and Jeff Gerson to be well.

Send your meet results to Larry Maniccia at maniccia@ameritech.net so they can be published on the www.othtc.org website!

Membership Drive Program

Any current member that signs up three new club members will have their membership dues reimbursed. (NOTE: A current member is fully paid for the year, and a new member excludes former club members from the past three years.)

E-Mail

Be sure to send your e-mail to Larry Maniccia via maniccia@ameritech.net or www.othtc.org

SECOND SOLE NEWS: Jeff Fisher and Clark Turner, Lyndhurst; 5114 Mayfield Road (44124), 440-449-8508.

As a club member, you regularly get 15% discount on all items. 20% discount on all Nike Zoom products.

RESULTS:


USATF Michigan:

Monica Thornton (W40): Shot Put 22' 4½" - 1st, Long Jump 8' 8 ¾" - 1st.

Georgia Johnson (W75): 100m 20.56 - 1st, 4 x 100m Relay 50.42 - 1st, Shot Put 18' 7 ½" - 1st, Discus 37' 11" - 1st.

Hilary Goerge (M55): Hammer 124' 4" - 1st, Discus 130' 2" - 1st, Shot Put 41' 7" - 1st, New State Record.

Rodney Wilson (M45): 100m 13.17 - 1st, Javelin 120' 11 ¼" - 2nd.
THE CLEVELAND TRACK CLASSIC

Saturday, July 3rd, 2004
USATF Sanctioned, USATF rules apply.
Pre-registration only — deadline 6/30/2004. NO ON-SITE REGISTRATIONS.

Order of Events: Field events start at 8:30 Track events start at 9:30
Women followed by men / Oldest to Youngest

Field event athletes are requested to bring their own implements, as the meet does not supply them.

PLACE: Cleveland Heights High School, 13263 Cedar Rd, (Corner of Cedar & Lee), Cleveland Heights, Ohio.
Parking lot entrance is located on Washington Boulevard behind the school.

ENTRY FEES: $5 per event, $10 per relay.
Make checks payable to OVER THE HILL TRACK CLUB.
Entry fees must accompany entry forms. Pre-registration is required. No refunds!!

MAIL TO: OVER THE HILL TRACK CLUB
Attn: Dr. Rodney C. Wilson
4031 West Jolly Road, Apt. 31
Lansing MI, 48911

DIVISIONS: USATF age brackets.

ORDER OF EVENTS:
9:30am 3000m
Short Hurdles
4 x 100m Relay
800m
100m
3000m race walk
60m
300m Hurdles
400m
1500m
200m
Sprint Medley Relay
(100-100-200-400)

8:30 am - Hammer (18 and up)
Shot Put
High Jump
Pole Vault
Long Jump
Triple Jump
Discus (14 and up)
Javelin

AWARDS: Medals for 1st-2nd-3rd

CONTACTS:
Jeff Gerson 440-473-0636
Rex Harvey 440-954-8122
Norman Thomas 330-425-8219
Dr. Rodney Wilson 517-646-8742

NEXT MEET: Cross Country Classic

NAME____________________________AGE______B'DAY_____SEX:_________
ADDRESS________________________________CITY____________________STATE______ZIP_____
PHONE________(________)______________________CLUB AFFILIATION:

In consideration of your acceptance of this entry form, I hereby for myself, my heirs, executors, and assigns, waive any and all claims for damages, which I might have against the USATF, Lake Erie Assoc. USATF, Over the Hill Track Club, and the Cleveland Heights School District, their agents, representatives or assigns, for any and all damages or injuries suffered by me at said meet. I also certify that I am healthy and sufficiently trained to complete in this meet.

SIGNATURE. (By athlete or coach/parent for minor athlete):_______________________________
USA TRACK & FIELD
2004 THREE RIVERS ASSOCIATION CHAMPIONSHIP MEET
SLIPPERY ROCK UNIVERSITY
OPEN and MASTERS – June 27, 2004

DATE: June 27, 2004 – 7:00 AM registration - events (Hammer) begin at 7.30 AM
PLACE: Slippery Rock University

SPONSOR: USATF Three Rivers Association
SANCTION: USA Track & Field – MEMBERSHIP REQUIRED

Open and Masters may purchase memberships day of meet - A 2004 USATF membership can also be obtained prior to or at the beginning of the track season. Online at http://www.usatf-threerivers.org or contact Cindy Long (724) 941-5639

MEET ENTRY FEE: $5.00 PER INDIVIDUAL
Day of meet registrations accepted for Open & Masters competitions only

Send advance Open & Masters entries to: Mark Schwartz, 540 N. Sheridan Ave, Pittsburgh, PA 15206, phone - 412-362-5511

ROOF OF AGE MAY BE REQUIRED: (unless you have a USATF Membership Card with date of birth verified). A valid driver's license can be used for age verification.

MASTERS & OPEN ORDER OF EVENTS

Events include Male and Female, Open & Masters Athletes unless designated otherwise below. Field event order subject to change.

PLEASE NOTE THAT OPEN & MASTERS POLE VAULT WILL BE ON SUNDAY, JUNE 27

Sunday, June 27
5000 Meter
100 Meter Trials
3000M/5000M Race Walk
100 Meter Finals
800 Meter
300, 400 Meter Hurdles
2000M, 3000M
80, 110 Hurdles OM MM
80, 100 Hurdles OW MW
4x100 Meter Relay
1500 Meter
400 Meter
4x800 Meter Relay
200 Meter Trials
4x400 Meter Relay
200 Meter Finals
Long Jump
Triple Jump
High Jump
Pole Vault
Hammer
Shot Put
Javelin
Discus

The 2004 USATF East Region T&F Championship will take place June 26 at Richard Stockton State College in Pamona, NJ. Since this meet takes place prior to the Three Rivers Championship Meet, contact Mark Schwartz for more information.

OPEN & MASTERS ENTRY FORM

<table>
<thead>
<tr>
<th>Name</th>
<th>Date of Birth / / Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>Gender: Male / Female (circle one)</td>
</tr>
<tr>
<td>City/Zip</td>
<td>Division: Open / Master (circle one)</td>
</tr>
</tbody>
</table>

Please indicate your events:

| 100M Dash | 800M Run | Steeplechase | 80M Hurdles | 400M Hurdles |
| 200M Dash | 1500M Run | 3000M RW | 110M Hurdles | 4x100M Relay |
| 400M Dash | 5000M Run | 5000M RW | 300M Hurdles | 4x400M Relay |
| Long Jump | Triple Jump | High Jump | Pole Vault | 4x800M Relay |
| Shot Put | Discus | Javelin | Hammer | |

I declare that upon my being accepted for participation in the 2004 Three Rivers Association Championship Meet I intend to be legally bound for myself, my heirs, executors, administrators, and forever discharge any and all rights and claims for damages which may hereafter occur to me against USA Track & Field, Three Rivers Athletic Association, and Slippery Rock University or their officers, agents, representatives, successors, and/or assigns for any and all damages which may be sustained or suffered by me connection with or entry in, or arising out of my travel to, participating in and returning from said competition. I further attest that I am physically fit for the competition in event(s) I have listed above.

Signature: ___________________________ Date: ___________________________ Phone: (include area code) ___________________
MASTERS 2004 OUTDOOR MIDWEST REGIONAL

Saturday June 26th, 2004, Olivet

TRACK SITE: Olivet Nazarene College, Bourbonais – Kankakee Area – South of Chicago about 45 min – see
http://oodb.olivet.edu/campus_map/ for directions.

HOSTED BY: Olivet Nazarene College, sanctioned by USATF Illinois, with the support of the Midwest Masters Track and Field
Club, and Gill Athletics.

AGE GROUPS: 30 and up (5 year age groups), Men and Women. (Note: There will be an Open Section, College Athletes
welcome)

TRACK FACILITY: Olivet Nazarene College: Synthetic surface, spikes allowed, long jump/triple jump runways;

ENTRY FEE: $15.00 for first event, $5 for all additional events for entries postmarked on or before June 21st. After June 21st
call also to insure entry. Questions: Contact Jeff Watry at 217-367-8438 ext 152 (days) night leave a msg at day number. On-site
registration is limited to time available. USATF membership number required for all entrants.

FACILITIES: Parking is available adjacent to the Track.

ORDER OF EVENTS: Saturday, June 26, 2004

10AM: All Field Events (HJ, PV) (Shot, followed by Discus, then Javelin, Hammer)(Triple follows Long Jump)(6 throws-

11AM: Running Events – Rolling Time Schedule: Short Hurdles, 1500m, 100m, Long Hurdles, 400m, 4x100 Relay, 800m,
200m, 3000m Race Walk, 5000m Run

Detach here and send to. Make checks payable to "Mike McDowell"

Jeff Watry
3224 CR 2700E
Penfield, IL 61862

MASTERS 2004 OUTDOOR MIDWEST REGIONAL

Name_________________________________________ Birthdate: ___/___ Age on 6/26/2004: ___ Gender: M/F

Address_______________________________________ City_________________________ St_____ Zip_______

USATF #: ___ _______________________ Phone ___/_________ Amount Enclosed: $_________

WAIVER. I understand that competing in a track/field meet can be a potentially dangerous activity. I verify that I am physically fit and have trained for this
competition. I assume all risks associated with running this event including, but not limited to falls, contact with other participants, all risks being known and
appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in
my behalf, waive and release USA Track & Field Illinois, Midwest Masters Track Club, and Olivet Nazarene College and all sponsors and officials from all
claims of any kind arising out of my participation in the above track meet. I grant full permission to use photos/records of these events. I grant permission for
emergency medical treatment by competent medical personnel on the indicated date. List allergies and current medications, if any __ Circle Below for

Events Entered__100M__200M__400M__1500M__5000M__Short Hurdles__Long Hurdles__PV__HJ__LJ__TJ__

Shot__Discus__Jav__Hammer__

Signature__________________________________________ Emergency

Phone# ___/_________ Date__________
2004 USA Masters Outdoor Track & Field Championships
COMPETITION ENTRY FORM
All entries must be received by
July 19, 2004

Last Name ___________________________ M, F Age (as of August 5, 2004) ______
First Name ___________________________ Date of Birth (M) ___(D)___(Y) ______
Address ____________________________________________________ 2004 USATF # ________
City ___________________________ Postal Code __________
State ___________ Citizen ___________________________ Fax Number __________
Country ___________________________ E-mail Address ___________________________
Telephone (Day) ___________________________ Telephone (Evening) ___________________________

Event Best Performance 03-04 Fee

1. _______________________________________________________________;__________ $30.00 _
2. ____________________________________________________________________________________________ $20.00 _
3. _________________________________________________________________________$10.00 _
4. _________________________________________________________________________ $10.00 _
5. _________________________________________________________________________ $10.00 _
6. _________________________________________________________________________ $10.00 _
7. _________________________________________________________________________ $10.00 _

Pentathlon $30.00(regardless of other events entered) _________________________________________________________________________ $30.00 _

Surcharge for entries received after July 19 .......................................................... $50.00 _

Championships Supporter (Optional) .............................................................................. $15.00 _

USATF Masters Committee Fee (Mandatory) .................10.00............................................ $10.00 _

T-Shirt Order: S____ M____ L____ XL____ XXL____ # ____shirts x $9/each = ________________
(Shirts ordered will be available at packet pickup)

Championship Dinner (Saturday, August 7) ..............#________x $18.00/per person = ________________

Total Amount $ ________________

Payment for entry fee, shirts and dinner tickets MUST accompany your entry form. To pay by check or money order, send full payment made payable to Millikin University, 1184 W. Main Street, Decatur, IL 62522.

To pay by VISA or MasterCard, complete the following: VISA _____ MC _____

Credit Card # ___________________________ Expiration Date ________

Signature ________________________________________________

If paying by credit card, you may fax this form to (217) 362-6414. If paying by check or money order, mail this form along with payment to the address above.

WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely relieve Millikin University, USA Track & Field, USATF Illinois, and corporate sponsors of any responsibility for any injury, loss or damage to myself or my property, which I may sustain in the case of (or in connection with) the 2004 USATF National Masters Outdoor Championships. I also verify that I am registered or will register with USA Track & Field for the year 2004.

Signature ___________________________ Date ___________________________
Over The Hill & Track Club
3661 Langton Road
Cleveland Heights, OH 44121

Rex Harvey
6744 Connecticut Colony Crl.
Mentor, OH 44060